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Spotsylvania, Richmond, Ashland,
Orange, Culpeper & surrounding
areas!

The Breeze

Issue No. 39

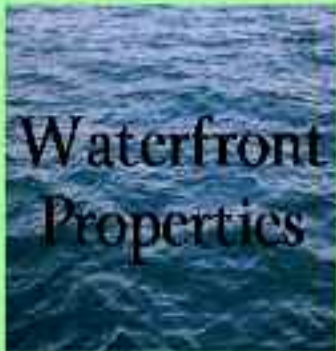
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LakeAnnaBreeze.com

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What's New at Lake Anna?



Why Lake Anna?

Lake Anna is a unique place. With beautiful rural surroundings and down-to-earth locals, it's the most welcoming atmosphere you'll find. The shops and restaurants are inviting and home-like. One of the more well known of these is Tim's on the Lake, a local seafood restaurant. My favorite type of restaurant has always been the "Mom & Pop" style. Louisa County is stock full of these lovely, family owned places to stop and get a bite to eat or just shop for a while.

The charm of Lake Anna reaches all generations too. From young to old, the waters of Lake Anna call to everyone. One of the biggest attractions is boating. Who doesn't love spending an afternoon on the water just relaxing? There are various marinas around the Lake to either rent a boat or put your own in the water.

Lake Anna (continued on page 3)

Lake Anna Resort Engineers By Right Plan

The Lake Anna Resort

The Lake Anna Resort Developers have redesigned the site plan and are ready for site plan submission. The new plan has added storage and marina to the uses. The marina is a by-right use and does not require any vote from the County.

"We wanted to do something that couldn't be turned down. We don't trust Stephanie Koren anymore", said Developer Ed Blount. "We will build what's allowed without rezoning. The C-2 Zoning for this property allows for a lot of heavy commercial, but we have always wanted to build a resort. So we will. Almost all of the community and county want the Resort to be built, it's just a few that have tried to sabotage a good thing for their own selfishness". The Lake Anna Resort will be the place to go at Lake

Lake Anna Resort (continued on page 3)

5 Reasons You Should Try Paddleboard Yoga



Paddleboard Yoga? Sounds pretty weird at first, but it's actually incredibly relaxing and challenging. If you're feeling that your current yoga class is getting old, give paddleboard yoga a try. Here are some reasons why you should give this a try:

1. It works your core. Yoga takes balance. Paddleboard yoga takes even more balance. This forces your core muscles to work even harder in order to maintain your balance.
2. It's more relaxing. Water is especially calming. Yoga requires meditation and what better place to meditate than on the water. The gentle

Paddleboard Yoga (continued on page 3)

Lake Anna Citizens United is now on Facebook

Lake Anna Citizens United (LACU) is a local group of Lake Anna residents who want change.

People were aggravated that some officials weren't listening to the majority of voters. 95% of the Lake Anna Community wants internet and understands that rooftops in the growth area is the way to top notch internet services.

Selfishness, personal agendas, and unethical behavior will no longer be tolerated.

Lake Anna Citizens Unite (continued on page 4)

LakeAnnaBreeze.com



on the *Inside*

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LETTERS *to the Editor*

To the Editor:

This is aimed at LACU. Are all of the community employees part of the problem?

Dave W., Lake Anna

Hi there!

Absolutely not. Louisa County has some of the best supervisors and almost the entire community development team are incredible, hardworking people including Paul, Linda, and the entire building department. The problems we see are the few in charge. We need to have the Director of Community Development and Mineral Supervisor replaced.

Answered by LACU Co-Founder, Ed Blount

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Story ideas? Suggestions? Questions? Please feel free to contact us with a letter to the editor. **Issue No. 39**

Want your Lake Anna photo included in an upcoming issue?

Simply e-mail your submission to jen@lakeannabreeze.com and look for it in an upcoming issue.




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PLAN NO. 1001-0



Lake Anna State Park is also a great place for visitors. The public state park welcomes all with a beach area and beautiful campgrounds. People go for the swimming, boating, and kayaking but if you get tired of the water there are also more than 15 miles of hiking trails. There is something for everyone to do.

This is place to be for the summer. For more information about things to do at Lake Anna: check out the Lake Anna Visitors Center.

Written by: Kathleen Boxley

Paddleboard Yoga (continued from page 1)



sound of the water lapping against the board will soothe you into your own state of tranquility.

3. You focus more on your breathing. One of yoga’s key principles is to focus on breath. Not only is it crucial for becoming more flexible, but it’s helpful in meditation as well. Sitting on the water will force you to be in the moment, focusing on each breath.

4. It teaches you resilience. No one likes falling, but falling into water is a lot better than falling onto ground. It teaches you to climb back up onto your board and try again.

5. You are more in tune with nature. Being on the water brings you to the very heart of nature. Water is what nurtures life on Earth and creates growth. Lake Anna is a scenic and visual place, so where better to become one with nature.

Paddleboard yoga will change your life. Give it a try and see what happens.

Written by: Kathleen Boxley



Anna. The place to eat, sleep, relax, and enjoy activities. “Investors are loving the new plan and we are bringing the best of the best to Lake Anna,” said Blount. “Hotel, Marina, Beach, Pools, Restaurants, Commercial Space, Condos, Conference Center, Music, Art, Film Studio, you name it. The Lake Anna Resort will have it all”.



Citizens want more choices for food, shopping, etc. LACU wants to know what everyone else wants also, so they can unite and send the data to the Supervisors that make decisions on the Lake Anna growth area.

A perfect example of bad politicians causing big problems occurred right here in Louisa County when the county voted down a development that was overwhelmingly approved by the community simply because the Supervisor in the district didn't want to pass it.

"Selfishness, personal agendas, and unethical behavior will no longer be tolerated. Lake Anna Citizens United is tired of lies and underhanded behavior", said Blount. "We will find someone to run against Stephanie Koren in the Mineral District and put someone on the board that will be honest, fair,

and listen to the people that vote in this area."

"People want nice restaurants, people want a hotel, people want social activities and a nice place to meet", Blount continued. "First thing is to address the county administrator and find out if he intends to fix the problems with the Director of Community Development. If he won't, we will go to the Board and have him replaced. If the Board won't listen, we will have them replaced."

The group, Lake Anna Citizens United, is looking for all opinions. They will be sending out Facebook posts with questionnaires to gather more information.

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Scenes from Lake Anna

Photo by: Katherine Laudano



Photo by: Kathleen Boxley



Photo by: Glenn Teske

Email your photos to:
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 to share for our next issue!



Bailey, a Yorkie, playing in the waters of Lake Anna.
 Sent in by: Erin Boxley



Photo by: Ellen Scott

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Recreation & Leisure

Crunkfest 7.0

We came, we saw... we got Crunk.

If you missed the amazing Crunkfest 7.0 wakeboard event on June 25th, we feel sorry for you. Crunkfest is Lake Anna's biggest water sports event of the year. Bringing people from all over the world to compete head to head in wakeboard competitions. Traveling from Canada, South Carolina, and many more areas – the water becomes a playground for the day.

With the contest being for wake boarders and wake surfers, you get to enjoy a wide variety of people coming to the lake to enjoy its festivities. Crunkfest 7.0 was located at the all newly renovated Anna Cabana just south of the 208 bridge by water. Having recently been renovated by Southern Image Design Builders, it was the perfect location for the event. The venue was absolutely amazing, bringing in vendors from all over the state to sell and show off their products. Shortbus Board Company from N.C., and locally here at Lake Anna, was on sight showing off their boards. As well as Kultures in Richmond, a custom hand blown glass products store. Local G&C Batteries INC., who bring you all your battery and starter needs, were there as well. Many others helped participate in the event as well contribute, such as Lake Anna Linens and 1st Equity Appraisal Services. Without these companies chipping in and helping we wouldn't be able to put on this great event each year. Of course we can't forget one of our main sponsor, Lake is Great at the Visitor's Center, for their contributions as well.

The day started off with a beautiful sunrise over the Anna Cabana waterfront as contestants started rolling in. After everyone was settling in, the Supra 21V tournament boat headed out to the glassy water. With the great American flag being waved by a rider, the day started with our national anthem. It was a great sight to see and lasting memory. After the anthem had ended the Crunkness began. Starting the day off with the younger kids followed by the more advanced classes, the day went off without a hick up. Bringing in youth to the sport is what the event is all about, and tons of new kids showed up to get their feet in the door for the competitive sport.

Professional wakeboarder Cody Hesse was in attendance to help cheer on the riders and hang with the crowd throughout the day. Cody is the only wakeboarder in the WORLD to ever land a triple flip on a wakeboard. He was awarded the 2015 wakeboard trick of the year as well at the September Surf Expo. Professional Centurion and Liquid Force rider, Adam Fields, was also at the event with the Crunk crowd getting everyone excited for the event and season to come.

After Cody Hesse gave an amazing on water demo to the crowd showing off his wake boarding skills, the crowd was ready to watch the surfers. With live

by contributing writer Kyle Austin

performances from DJ Kyle Barmoy and and Professional Artist Profound 79 (Ash Dickinson) the spectators were pumped with enthusiasm and having a great time at the cabana.

Professional Surfer from Canada Jeremy Barnett was boosting so high behind the supra wave, it was an incredible sight to see. The supra wave was intense and received amazing reviews from all surfers in the contest.

At the awards ceremony, contestants received prizes in front of the Lake Country Marine sponsored Centurion boat. All of the product tosses were given away by local sponsors like Cassette sunglasses and many more. Make sure to catch up with everything Crunk on the Facebook page @crunkfestlakeanna. Check out all of the pictures below to see some of the great action that you saw..... or missed :(. Stay tuned for all things crunk in the future.



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Late Summer Bait Blitz

Understanding the feeding frenzy

Late summer and early fall fishing on Lake Anna is tremendous. During low light condition (early morning, late evening, and over-cast / rain) schools of juvenile threadfin shad will come to the surface attracting the attention of predators. These schools of baitfish can be as small as a beach towel or as large as your house. As predators begin feeding you will see the water begin to boil, baitfish jumping out of the water, and breach feeding. If bass or stripers are present you will be able to see and hear this feeding activity from a distance. This can last for a few minutes or over an hour. For any fisherman this is an exciting event and the first inclination is to get there as soon as possible so that you can get your hook into the chaos. Having a better understanding of what is taking place will help you prolong the action, learn how to reproduce it, and ultimately catch more fish.

Your first concern should be not spooking the fish. You can do this by running your gas motor sparingly and at low rpm's. Make your final approach with the electric motor or by allowing the wind to push you through the fish if conditions allow. Be careful not to drop anything in the boat, slam hatches, or trim your motor.

As you observe the blitz take notice of wind direction, current, and the general direction that the school is moving in. While this feeding action will take place over open water it will be much more dramatic as the school passes over shallow humps and points. By keying in on these environmental factors you can not only anticipate where the school will surface next but also predict where to start looking next time you are on the water. Once you have determined the direction they moving you can make a wide turn to get in front. It is much easier to allow the fish to work towards your boat than it is to pursue them.

Once you are in the action you want to work the entire water column. While you can visibly see fish breaking the surface, a surface presentation may not be the preferred method to put size or numbers of fish in the boat. For the top third of the water column you should present poppers, chuggers, and walking baits to cover the surface. Soft plastic jerkbaits and lightweight swimbaits are also excellent choices for the top third of the water column. For the mid-range depths a ten-foot suspending jerkbait or heavier swimbait is hard to beat. Spoons and deep diving crankbaits should round out your arsenal and get down to the bottom third of the water column. Be sure to probe all depth during a surface feeding frenzy. Even though small fish may have the bait pinned at the surface, big fish will often lay beneath. As water temperatures begin to cool off in late summer it becomes more common for big fish to school in the vicinity of small fish and bass to school with stripers and large white perch as well.

Above all be courteous to other anglers on the water. Do not crowd anyone and never cut between the school and another boat that is casting to the school. If there is too much company for your taste remember that if conditions are right for this type of feeding action it's probably happening somewhere else. Use your electronics to locate the bait, focus on the surrounding structure and ambush points, probe the entire water column, and get ready for some fast fishing action because it is right around the corner!

Wind down in the evenings with our "Summer Happy Hour" trips 5p - 9p



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Saturday & Sunday, August 13th & 14th @ 12:30 pm - 4:30 pm

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Lake Anna Sunset Concert

August 13th, 5:30 pm to 9pm @ Anna Point Marina

Come out to Anna Point Marina for relaxing live music from Jammers. Bring your family, friends, and a lawn chair! Enjoy craft beer, Lake Anna Winery wine, food vendor and that famous Lake Anna sunset. Free admission.

More info: facebook.com/lakeannasunsetconcertseries



Wake The World Lake Anna

August 12th, Tim's Lake Anna

Tim's at Lake Anna will be hosting Wake The World Lake Anna, a charity event titled "Operation Enjoying Freedom". Join us as we give the children of deployed military members an opportunity to have fun in the sun. More information available at facebook.com/Wakethe-worldLKA.



LOUISA / MINERAL

9th Annual Pooch Plunge

Sept. 10th @ Louisa County Aquatic Facility

Returning this summer, the 9th annual pooch plunge marks the official END of the aquatic season. Residents and four-legged friends are invited for a dip in the pools, which will be reserved for dogs only on this day. Tennis balls and doggie-treats will be provided. PLEASE only bring people-friendly dogs who have up-to-date shot records. For more information visit: visitlousia.com.



Labor Day Extravaganza

Sept. 5th @ Small Country Campground

Live music Saturday - horseshoe and corn hole contests, hayrides, fire truck rides, pool parties, kids contests, float-on-lake, and enjoy the last days of summer with 25% off for a full week's vacation or more. For more information visit: visitlousia.com.



Blues in the Vineyard

August 21st - Grayhaven Winery @ 1pm to 6 pm

Grab your lawn chair & picnic blankets for our annual Blues in the Vineyard. Bring your family & friends for a beautiful day in the country as local Blues musicians gather to play for this fun, relaxed annual celebration of Blues. For more information, visit www.grayhavenwinery.com.



Louisa Agricultural Fair

July 29th & 30th @ Fireman's Fairgrounds

Come once again to the Louisa County Agricultural Fair. This year we will have more food vendors, more games, more music, and much more.

For more information, visit www.louisacountyagfair.com.



FREDERICKSBURG

OKLAHOMA! LIVE

Sept. 18th @ 1 PM - Riverside Center Dinner Theatre

The blockbuster show that set the standard for Broadway musicals and opened Riverside Center-Dinner Theater in 1998 returns to our stage following its recent Broadway revival. Tickets available. For more information visit: visitfred.com.



Picnic in the Park 2016

August 16th @ 11:30 am to 1:30 pm

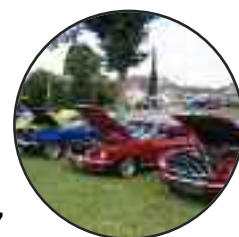
Picnic in the Park formerly "Lunch at Hurkamp" started in 1997 and has grown into one of the community's most popular events. Each concert serves as a meeting place and opportunity for community groups, business people, friends, families, seniors, and preschoolers to gather together and enjoy music, downtown Fredericksburg, and each other. For more information, visit www.visitfred.com.



White Oak Ministries 3rd Annual Car Show

August 27th @ 8:30 am to 1 pm

To be held at White Oak Ministries, this year's annual car show is for Mission India. All proceeds will go to Missions. There will be Door Prizes, Concessions, Antique Cars, Vender Stands, and much more. For more information, visit www.visitfred.com.



CULPEPER

Hoptoberfest

September 4th @ 12pm to 5 pm

This event will feature live music, great local food, and in addition to great brews, regional wineries will be on-site. Break out your lederhosen and join us for a variety of craft beers and Virginia wines available in one place for you to sample. You are sure to discover a new favorite. Only a limited number of advanced tickets will be on sale. For more information, visit www.members.culpeperchamber.com.



En'Novation

August 18th @ 5pm to 9 pm

Join us for our final concert of the summer with the high energy show from En'Novation. En'Novation is a highly talented Richmond based band made up of extremely well-seasoned singers and musicians that have decades of combined experience. Grab your dancing shoes; this is one concert Culpeper music lovers should not miss! For more information, visit www.culpeperdowntown.com.



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on the Calendar

RICHMOND

Richmond Jazz Festival

August 11th to the 14th @ Maymount
Join us, August 11 - 14th for the seventh annual Richmond Jazz Festival. It's an interactive and sensory driven journey into music and culture, featuring some of the most talented artists of the time. Tickets are on sale at: jazzatmaymount.com.



Washington Redskins Training Camp

August 14th @ Bon Secours Training Center

The Washington Redskins, in partnership with the City of Richmond, Bon Secours Virginia Health System, and the Virginia Governor's Office, announced their 2016 training camp schedules. The schedule features a total of 22 public on-field sessions available to fans, highlighted by Fan Appreciation Day on Saturday, Aug. 13th. For more information, visit: www.redskins.com.



ORANGE / MADISON

The Best of Virginia in Orange - Chili & Brewfest

Oct. 15th @ 1 PM to 7 PM - Orange Fairgrounds
Save the date for this new event to share with friends and family. Enjoy live music by The Worx and loads of fresh chili and beer. Free admission. For more info visit: orangevachamber.com



Orange County Street Festival

Sept. 3rd @ 10 am to 6 pm

Enjoy live music in Taylor Park throughout the festival. Stay after the festival for a special music performance from 6pm to 8pm. A beverage station in Taylor Park will feature beer and cider for those ages 21 and up. For more information visit: www.visitorangevirginia.com.



CHARLOTTESVILLE

2016 Summer Olympics Opening Ceremony

August 5th @ The Paramount - 7:00 pm

Watch the 2016 Summer Olympics Opening Ceremony on the big screen Friday, August 5th at 7 pm. This event is free to attend and open to the public. Concessions will be available and may be taken into the auditorium for the live broadcast. For more info, visit: www.theparamount.net.



Fridays after Five

August 26th - 5:30 pm @ Sprint Pavilion

Acme Swing Mtg Co. - Swing Dance Swing - Free Show
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Dining Spotlight

Lake Anna Restaurants & Deli's



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How To Make Your Clothes Last Longer

By Megan Wilson, Fashion Blogger and Lake Anna Native



Carrie Bradshaw once wisely said, "I like my money where I can see it - in my closet."

While I believe in a bit more of a responsible approach to fashion than Miss Bradshaw, I still think it's important to take care of your investments. You spend hard-earned money on clothes for yourself, your friends, and your family. Make them last as long as possible! Here are some tips to give your clothes a long life...

Cold Wash

There are a number of ways to make sure your clothes stay bright. Start by using cold water. Bonus: It is also good for the environment and your energy bill.

Give them a Cocktail

Cheap vodka isn't just for the college days. If your clothes have a smell that just won't go away (especially those vintage finds), turn to your liquor cabinet. Pour some vodka into a spray bottle. Hang the clothing up and spritz with vodka. Leave it to dry. As the vodka evaporates, it will take the smell with it.

Wash Clothes Inside Out

How many of you pull your clothes off at night and leave them in their inside-out state until it's time to do the laundry? Don't fret about turn-

ing your clothes back to right-side out in order to do the laundry. Leave them inside-out. It will help your colors brighter and prevent wear on the most visible parts of your favorite dresses and jeans.

Hang Them Up

Heat is the main culprit for making your clothes turn dull long before their time. Line dry clothes when you are able. If you dry them outside, be sure to keep your most vibrant colors out of the sun.

Raid Your Pantry

Both vinegar and baking soda are secret laundry weapons. Vinegar will help set colors and prevent against build-up of detergent residue. Bonus: it's a clothing softener. Sprinkle in a half cup of baking soda to keep your brights and whites like the day they came home from the store.

Visit Megan at SweetSauceBlog.com for more style tips, giveaways, discounts, and fun.

If you're looking for a more in-depth lesson on style, hire Megan to cleanout your closet, help you build your wardrobe, and even invest in a complete makeover. Email her for rates: sweetsauce-blog@gmail.com.



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6 Ways to Feel Like It's Vacation Everyday



Even though we locals live on Lake Anna, we often forget to enjoy it like vacationers do. We work, we eat, we sleep, and we repeat day after day, forgetting to stop and smell the roses if you will.

Here's 6 ways to feel like you're vacationing at the Lake everyday:

1. Take Time to Sip Your Coffee

I am so busy. All the time. I'm rushing from this place to that place making phone calls in between and attempting to send quick emails at stoplights. Often times as I'm rushing out the door in the morning I'm downing my coffee in five large gulps or struggling to screw on the cap of my travel mug. Point being is; I think all of us forget to take the time to sip our coffee in the morning. Life jerks us awake and immediately sends us hurtling out the door towards the millions of things we have to accomplish that day. My advice? Wake up earlier, sip your coffee on the porch while it's still cool in the morning, and enjoy the view of the water.

2. Enjoy The View

Speaking of views, what a stellar one Lake Anna is. I've lived here for as long as I can remember and over the years have seen the beauty of Lake Anna grow lack luster because I look at it everyday. I think

there's something important to learn from this. It isn't that Lake Anna is not beautiful, it's that I've stopped paying attention to the fact that it is. Do yourself a favor and enjoy the view of the Lake. We're all really lucky to have this view everyday.

3. Stick Your Feet In The Water

Call me crazy. But I think this is something we take for granted. I live by the water all summer, but I rarely swim. It's crazy that people come here to vacation, but I hardly even think twice about enjoying the water. Before rushing to your car, go down to the water, and dip your feet in.

4. Cut Space Out of Your Schedule for Free Time

Free time is Me time. Always. I love to read, but find I never have time with my busy schedule. It's important to carve out time to enjoy what you love doing. Whether that's fishing, kayaking, online shopping, reading, or whatever you enjoy. Make time for it. It will help relax you and make you feel like it is vacation.

5. Check Your Email Less in the Morning

Jerry from accounting can wait an hour or two for you to get into the office, I promise. Take your morning and use it for yourself, not work. This is so hard, I know. I struggle against checking my email as soon as my eyes open in the morning. But it's for your own good. As soon as you check that first email, you immediately start thinking about everything else you have to do. Sip your coffee, read a magazine, book, or newspaper, and relax for just a moment. It will do wonders for you.

6. Go For A Walk Or Run

Being active is extremely important. Endorphins from being physically active will make you happier and more relaxed. Going for a run or walk by the water is also not a bad idea. I'd recommend not checking your phone while you're out exercising either. Technology is such a stressful distraction. Take five minutes away from your phone and walk. Not only will this make you healthier, but it will make your mornings more refreshing.

Written by: Kathleen Boxley

The 90's are Back by Heather Mechler-Fickes

It never fails, I will notice an item being sold at the stores or worn by every celebrity... right after I've donated very similar items to Goodwill. My sister informed me that the 90's were coming back I decided to investigate, and she was correct. For the most part, the 90's weren't too bad. Unfortunately, I did not keep all my early college day clothes (I was happy they still fit) but when you have a small house you must purge what you haven't worn in over 2 decades. Then of course, I received the news flash.

When it comes to the 90s fashions- choker necklaces are a great accessory, leather biker jackets, floral maxi dresses, baby doll dresses, denim jackets, flannels, super tall platform shoes and doc martens. Some of these items never go out of style for me. I was also thrilled to find out that my beloved hair "scrunchies" made the in style list- I still have a collection of those.

Iridescent eyeshadow and dark berry lips are popular. For all the busy people, who don't have

time for blow dryers and flat irons and all that stuff, messy tousled hair is in.

The 90s styles weren't too bad, but I think I wouldn't wear the super tall platform boots now - even though I do love them- it's hard to chase after a 4 year old wearing them.



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The reason for having all of those windows in your home is to enjoy your beautiful views and the natural light in your home. It's a shame to have them covered up with blinds or curtains. You have to run around lifting them up and down different times of the day to block the sun. That daily chore has probably become too much of a hassle and you just leave your blinds down all day. Think about that for one minute and ask yourself this, "Why do I have windows in my home and why did I move to here?". The views, right? So why are you eliminating your views with blinds? Is it fading, too much heat from the sun, or is it just too bright?

I have also been in homes where they don't use blinds and this is what I typically see. Either furniture is being covered with sheets or nothing has been done at all. At least these homeowners still have their views and natural light, not to mention their living space is much more open and vibrant than being closed in with window treatments. It is still a huge compromise. These home owners still have tremendous heat gain and glare, plus the sun fades everything it touches, not just furniture. A great example of this would be hardwood floors. Depending on the type of wood, what it has been finished with, and the orientation of the room, I have seen significant fading on hardwood floors in less than a year.

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reduce 4 to 5 times more heat than closed blinds, and of course it will take care of your fading issues.

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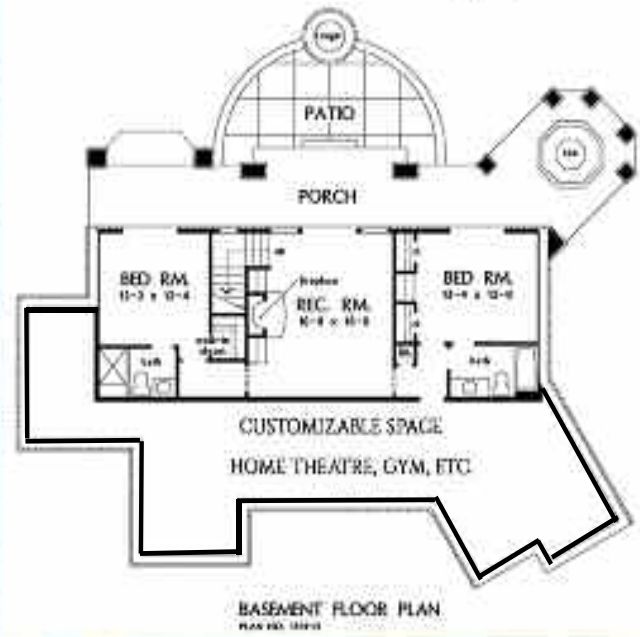


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